

HEALTH AND HUMAN DEVELOPMENT

UNIT ONE: The Health & Development of Australia's Youth

Area of Study 2: Youth Health and Development

What I need to know by now.....

- Defining Youth
- Characteristics of physical, social, intellectual and emotional development
- The health status of Australian Youth
- The determinants of health and development
- The impact of biological determinants
- The impact of behavioural determinants
- The impact of environmental determinants
- The impact of Physical determinants
- The impact of the social environment
- Nutrition and health and development

RESOURCES

- Chapter 2, 3, 4 and 5 of your textbook including suggested answers to the Learning Activities and Chapter Summaries.
- Your notes from your workbook and handouts.

The SAC will consist of a Case Study which comprises of short answer questions.

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SAC = Wednesday 1st May

Can you answer the following Questions?

1. Define the term Youth
2. What does the term 'determinants of health and development' refer to?
3. What are the five determinant s of health and provide an example for each one.
4. How may having a parent with poor health impact on youth health and development?
5. What are the developmental milestones relevant to youth?
6. What are the hormones associated with puberty and name their function?
7. What are the biological, behavioural, environmental and physical determinants of youth and explain how it impacts on the physical, social, emotional and intellectual development?
8. What are the key nutrients required for good nutrition their food source and the function of that nutrient?
9. What is the role of each nutrient during youth (including the production of energy, blood, soft and hard tissue)
10. What is the impact of food-related behaviours on the health and development of youth?

What do you need to do to make sure you ACE the SAC on Wednesday 1st May??